Informant: LMP-S23
Interviewer(s): Michael Jones and Claudia Hernandez
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-Interview Begins-

CH: All right, so.

S23: So, one of the things that I'm looking at-my list that I worked that I worked on a few weeks ago was when you combine the ailments, the plant comes up several times. So, you're gonna skip around with what we use. So, I'm glad I write it down because then I thought, "Ah, a good thing to do is use the plant and what it's good for." Because then you just skip around.

Elena?: I got attacked by a fly.

CH: So, would it be helpful to you if I said, you know, "Tell me what you might use for stomach ache," and so on. So that, you know, whatever comes to your mind, you can throw it out there.

S23: Ok.

CH: And if there's one that you don't really have, that you don't really know anything for then you could just say, "I don't know anything for that one." And I'll go on to the next question.

S23: Ok.

CH: Does that work?

S23: Yeah.

CH: So, let's start with stomach ache. Do you know any herbal remedies for stomach ache?

S23: Actually, there's a lot. I think last time I talked about so many of them for stomach ache and for the skin that-well, on my list here I don't have them all because I guess as we went on I didn't-but the spearmint[1] (hierba buena), of course, is classic. And as a tea. So, is the lemon verbena (cedron), which is the lemon-

CH: [Inaudible].

[1] 'Hierba buena' is actually said through out the interview, not spearmint.

S23: Verbena, they call it.

Elena: Lemon verbena[2].

S23: And then pennyroyal[3] (poleo). There's different kind of stomach aches, but you have them listed here by different-

CH: Ok. How do you-

S23: Designations.

CH: How do you categorize the different kinds of stomach aches?

S23: Well, because some would be like cramps that-and I think when you have the cramps it's something that you ate that didn't agree with you. I would count that as-

Elena: Intestinal-

S23: Yeah.

Elena: More than stomach.

CH: Ok.

S23: And then there's intestinal were you have diarrhea. It's just kind of a different one.

CH: Ok.

S23: And then when it's just like indigestion, when you have a sour taste and it's kind of lesser, lesser, you know-

Elena: Ailment.

S23: Ailment, as far as pain and duration. And so I think that there's different ways, like gasses is another one. But-

MJ: What would you call this burning sensation that sometimes people get it-

Elena: Like acid reflux.

S23: Well, we call it heart burn, but I guess in spanish you just-I don't know what it was called. Can't remember what it was called, but it was-for that, that's when my mother would make the-I would use the lemon with bicarbonate of soda.

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[2] 'Cedron' is said through out most of the interview.
[3] 'Poleo' is said through out the interview.

CH: Oh, lemon juice? Or-

S23: Lemon juice. Lemon juice. A lot. A whole, like the juice of one lemon. And a teaspoon full of the bicarbonate of soda. I think did she mash a little bit of the leaves from a mint. Spearmint (hierba buena). And then you put some water in it and it starts to fizzle. And you had to drink it and then you would just burp. And you know, you'd get all that gas out. And just felt it after that.

CH: Sounds-

S23: That really does the indigestion. Not the really mad one. Oh, in fact, I have it here.

CH: Sounds like a homemade Alkaselzer.

S23: Yeah.

Elena: Yeah.

S23: I have here spearmint (hierba buena)-

CH: Lemon-

S23: And lemon verbena (cedron). Either one of those. Not necessarily all of them together, but one of those.

CH: Ok.

S23: Just very good.

CH: So, when your mom prepared that-did your mom prepare that lemon, plus the carbonate, and the mint leaves? When she did that, did she use a whole lemon?

S23: A whole lemon.

Elena: Squeezed.

CH: Squeezed.

S23: Squeeze the lemon first. It's the lemon you can get out of it. So, it would be like a quarter, an eight of a glass. It's not very much and in that you would add the-oh, the bicarbonate of soda was last, not the water. You add the water just to make it like a half-something that you can drink, you know. She'd say, "Drink it all at once." So, it was like half glass, I guess. So it was a lot in a big concentration of lemon. And then the teaspoon of baking soda or bicarbonate of soda. And then it would fizzle. She'd shake it up and it-like a Alkaselzer in a way.

CH: Yeah.

S23: But that one worked.

CH: Ok. Did you add water to that?

S23: The what? Yeah, you would.

Elena: Right before you would drink it.

CH: Ok. Now, do you use a yellow lemon or do you use limes? Or does it matter?

S23: A yellow lemon. Well, we only had yellow-

Elena: Lemon trees.

S23: Lemon. It has more juice to-the lime is kind of [Inaudible].

CH: Ok. All right. So, you've prepared that remedy for yourself, as well?

S23: For my kids, too.

CH: For your kids, too.

S23: Some of them.

CH: And did you learn that remedy from your mother?

S23: That's why.

CH: Ok. When you prepare the teas-or the herbs that you've mentioned that are for stomach problems-spearmint (hierba buena), lemon verbena (cedron), and pennyroyal (poleo)-

S23: Pennyroyal (poleo).

CH: Do you ever combine them?

S23: Mh-h. Well, I've done a combination of pennyroyal (poleo) and a leaf of the lemon verbena (cedron), but just pennyroyal (poleo) by itself for the babies. But for myself or for any other of my children that I ever did would be lemon verbena (cedron), spearmint (hierba buena). Those two were kind of always...

CH: Ok. When you combine them, how much of the spearmint (hierba buena) and how of the lemon verbena (cedron) do you use?

S23: I think equal parts. Whatever the amount it would be equal parts. If I got, you know, a handful one I would do the handful of the other. But usually I didn't make that much because it makes a lot of tea, especially if you boil it. Is that a decaulktion? I don't know the terminology, but usually boil the water and put them in. And then let it boil for another half a minute and cover it so it makes like a sauce pan, I guess about-gee, what's a sauce pan about? Eight to ten ounces.

CH: Eight to ten ounces?

S23: But if you drink it in a hot tea, you would just get about two cups out of there.

CH: Ok. Is it better to use dry herbs as opposed to fresh herbs?

S23: Well, we always have the fresh herbs for this, for the stomach. The only one-well, that wasn't for the stomach, that was for congestion. That was dried would be oregano and other herbs, but we always use the fresh herbs. Always have the plants.

CH: And what type of stomach problems would the oregano used for?

S23: Well, I don't. That was for congestion.

CH: Oh, congestion.

Elena: Yeah, it wasn't-

S23: Yeah, but coriander[4] (cilantro) was also like for indigestion. Coriander (cilantro) in a tea. It's very mild and it's-that was a substituter-

Elena: Substituter.

S23: Serves the same purpose. And also the fennel (hinojo).

CH: Oh, that's right.

S23: The fennel (hinojo). That one you can chew on a leaf with a stem. That was supposed to help you with upset stomach.

CH: Bless you.

Elena: Excuse me.

S23: You just sneezed right into that. My God.

Elena: Sorry that.

[4] 'Cilantro' is said through out the interview.

MJ: I was gonna say if you had comments any time you like. I didn't think about sneezing.

Elena: Look at me.

CH: Do you have any preferences as to the type of herbs that you use for stomach problems?

Elena: Well-no, actually, I would probably use these, too. I was thinking...well, for me when I do it I try not to think just think of the one illness. Like it's not just a stomach problem. There's something that caused that in the beginning. So, my mindset is a little different. It's not just mircromanaging the symptom. It's like, "Ok, what caused this?" So, I would also include somthing that would help clean. Aloe vera. I would use some aloe vera. You can actually use cinnamon, too. Cinnamon will calm the stomach. It's really soothing. And it's an anti-inflammatory. So, you can add it for flavor. Especially for kids. They might not like the herbal stuff so cinnamon will help.

CH: Cinnamon is good. Cool. How would you use the aloe?

Elena: Same. As a drink. You cut the leaf. You take the jelly out and you drink it. You can add a little bit of lemon to give it some flavor 'cause it doesn't really have much flavor at all.

CH: Do you add water?

Elena: Oh, yeah. You have to put some water in it.

CH: Ok.

Elena: You can take it whole, but it tends to be kind of mucous-y.

CH: Ok.

Elena: So, you put a little bit of water to help it go down. Unless you like oysters.

CH: I tried some the other day. They were ok. Ok. So then, when you say you would use these teas-spearmint (hierba buena), lemon verbena (cedron), pennyroyal (poleo), coriander (cilantro)-how would you use that with the aloe? Do you use it all together? Do you have, you know? Do you have the tea first and then have the aloe?

Elena: Well, it depends. Like for an acid-y stomach, I would want to kind of take care that and I would probably use the aloe by itself. And maybe with a little bit of lemon. Oddly enough, a little bit more of the acid will help. The lemon will actually help calm that acid-y stomach.

CH: Ok.

Elena: So, and if it was-oh, what's the-is that bothering you?

MJ: No, that's ok. It's fine. [Inaudible].

Elena: And even like a charcoal-

S23: [Inaudible].

MJ: I'm just gonna shake my fist up.

Elena: Charcoal also helps. Actually, even an oatmeal (avena) water.

S23: Rice water.

CH: Oatmeal.

Elena: Oatmeal, oatmeal.

S23: No, my mother would use that for diarrhea.

Elena: Yeah.

S23: You know, the remedy for diarrhea was stronger, like [?] (estafiate).

Elena: Right, [?] (estafiate) and charcoal and oatmeal (avena).

S23: And then-

Elena: 'Cause that will absorb the toxins and keep you from losing so much water.

CH: Ok. How would you prepare that water with that oatmeal water?

Elena: You kind of grind of it in-you can grind it in a blender to make it into a poweder.

CH: Ok.

Elena: You make an oat powder and then you mix it with just cool water and you drink it.

CH: How much water?

Elena: As much as a cup.

CH: Ok.

Elena: So, you make it as you need it because it kind of gets-

S23: [Inaudible].

Elena: Sick and coagulates.

CH: So, you don't want that to happen. We're gonna have to-

-Interview Pause-

-Interview Resumes-

Some Man: Can I open the door?

Elena: No.

S23: I don't think so. Not as noisy as the trashcan so will be fine.

CH: Ok, so we were talking about you prepared the oatmeal water and let's see. You mentioned charcoal.

Some Woman: Here.

Elena: For her?

Some Woman: For you.

Elena: For me? Ok. Do you know who it is? Can you find out? Yeah. Like activated charcoal and you take that and it will actually helps you. Sour stomach and diarrhea and even like toxicity from food poisoning, but it will be really good for that.

CH: Ok.

Elena: [Inaudible] stomach.

CH: [Inaudible] stomach, ok. What about the cinnamon?

Elena: That's kind of like a relax-you know what it is? It's like an anti-spasmodic. It's a relaxer. So cramps, that kind of thing. You can make a tea out of it.

S23: No, we would use the tea.

Elena: It had a lot of cinnamon in the middle.

S23: Cinnamon tea. It was just like to calm and relax. Especially in the evening.

Elena: Yeah.

CH: So, like if you've had a meal-

Elena: Just like-

CH: That you feel is a little heavy or something, then you have some cinnamon tea or something?

Elena: No, no. It would be like, say you were throwing up, you know.

S23: Something violent.

Elena: Your not having, you've not had a good day. It's like you can't rest. That's when you would have it.

CH: Ok. Ok.

S23: Another one to soothe your stomach, especially if you had had diarrhea, was, besides the oatmeal (avena) water, also rice water.

CH: Grass.

S23: Rice.

CH: Oh.

S23: But that's if you've had diarrhea because you do get dehydrated and that was nourishing enough to soothe, and soothing enought to...and not with a lot of sugar. Preferably not.

Elena: It won't upset your stomach. Better with no sugar.

CH: How would you prepare that?

S23: You-

Elena: That takes a little more-

S23: You have to soak it.

Elena: Soak up.

S23: You soak the rice in water, like a quart or depending on how much you wanna make. And then, you know, let it set. But, you know, sometimes my mother would boil it. Then cool it, drain it and let it cool.

CH: Yeah.

S23: And then add a little bit of either cinnamon-mostly cinnamon-or just something to give it a little flavor because it was for us. And I tried that. I used that with my little kids when they were little. You can put it in there bottle.

CH: Yeah.

S23: If they had had diarrhea-

CH: Very soothing.

S23: Or had, you know, colic.

CH: Sounds like [?] (cebada). Have you ever had [?] (cebada)?

S23: I've heard of it.

CH: It's Salvadorian. What the indigenous women in El Salvador do, is they'll make [?] (cebada), which is-almost looks a little pinkish, but it's just rice water with some cinnamon in it.

S23: Yes. And the cinnamon turns a little pinkish.

CH: Yeah, yeah, yeah. So, they give it to the babies if they're not well or a little [Inaudible] of some sort.

Elena: Yeah.

S23: It's because it's still nourishment, but it's also soothing.

Elena: And it doesn't irritate the stomach lining and it is. It's a calmer. It's a soother for the intestines [Inaudible].

S23: And then you don't use any milk at that time.

CH: When you soak the rice, how long does the rice have to soak? Is it an hours of kind process? Or is it a days process?

S23: Well-

Elena: I usually soak it for a day, but-

S23: My mother would just boil it.

Elena: You can boil it, yeah. If you boil it, it kind of speeds up the process.

S23: Yeah.

Elena: Kind of like herb tea. You can either keep it over night or you can boil it and then put it over ice. So, in a pinch you boil.

CH: Ok. It depends on the urgency.

S23: Yeah.

CH: All right. I wanted to ask you about the pennyroyal (poleo). You said that that was for babies. You emphasized that it was more for babies.

S23: Well, we used it a lot, but it's for everyone.

CH: Ok.

S23: When I-if it was for me or for other than a baby, I would add other things to it. Like a lemon verbena (cedron), like I said. And, you know, it's for your stomach problems, stomach ache, and then it's just something to like continue treatment or after, for a few days. Just at least at night or twice a day. And it's just to help get your stomach back into normal because it's irritated after any bout like that.

Elena: Yeah, especially like after a lot of throwing up. You have to replace the body with electrolytes or minerals. So, you could have sage tea. You could have rosemary tea. You know, some of those herbs have a lot of good minerals in them. So you put those in tea and you have them drink that.

CH: Ok.

Elena: Daily.

CH: So, you can add some sage and rosemary to pennyroyal (poleo)?

Elena: Sage and-well, I don't know. Yeah, I guess you could.

S23: Yeah, they're mild enough, but you know, they're in small quantities.

Elena: And then some cinnamon, too, to give it a little bit of flavor.

CH: Ok.

Elena: That will help replenish the last minerals.

CH: Ok.

Elena: Even a cucumber water.

S23: I had told her about that one. I had a list of fruits and vegetables that we would use and that I don't have in my garden, but that I would buy to make.

CH: Yeah.

S23: But that cucumber water is very refreshing.

Elena: Cucumber water is really good.

S23: And relaxing, too.

Elena: Carrot juice.

CH: And-ok. So, cucumber water and carrot juice are good for after throwing up or to soothe and to calm?

S23: Mh-h.

Elena: Not a lot of carrot juice. That stuff is a little sweet. It has to be watered down.

S23: Yeah, 'cause you don't want to irritate your intestine or stomach.

CH: All right. And would you recommend those to children or babies?

Elena: Absolutely.

S23: Yeah, cucumber water by itself, yeah. Each one of those by itself are good for the babies.

CH: Ok. Now, we'll see. Look at all the stuff that we got for stomach stuff. Ok. When you take teas, is there a general amount that you take during a day? Or does it vary depending on the herb?

Elena: It depends on what the ailment-but pretty much you drink it all day like you would water.

CH: Like for example, if we're talking about the teas that you prescribed for the stomach aches and stomach issues, would you take that?

Elena: All day.

CH: All day long?

Elena: Yeah, because part of it is the upset and the other part is the imbalance, so you take it, you know, to take care of the upset and to heal whatever is gone on in the body. So, yeah, I would drink it all day. Like I've made a pot of [?] (tunas) or I've given somebody some herbs and I've said, "You've got to drink this all day." Five or six glasses a day.

CH: Ok.

Elena: Yeah.

CH: Five or six glasses a day.

Elena: So, you make the tea and then you drink it. You drink a cup. You know, every three hours or depending on what the illness is. And if they have diarrhea, even more often 'cause you have to keep replenishing the liquids that are lost.

CH: Ok.

S23: The way that we did, you know, without knowing the-

Elena: The reason.

S23: The medical background or just, you know, make a tea in a big pot. Like a quart and drink it and then, you know, later in the day drink it until you had all of that. And for myself I would just make some hot tea at night. And it didn't necessarily have to be hot.

Elena: Yeah.

S23: Like the mint tea. Oh, we didn't make the tea.

Elena: No, we didn't.

S23: We were-

Elena: We were gonna make you some tea. We didn't get around to it.

CH: So, ok. It doesn't have to be hot you said.

S23: No, no.

CH: It could be just cool like-

S23: Yes.

Elena: It could be room temperature.

CH: Ok.

Elena: Preferably with no ice.

CH: Ok.

Elena: Yeah.

CH: Why?

Elena: Because the ice will shut down the way the body works and it takes longer to absorb into the system.

CH: Oh.

Elena: So, you don't really want it iced. So, I wouldn't even put it in the refrigerator.

CH: I see.

Elena: Once you make it, you can leave it out and then you just drink it during the day. And it's better in a glass bottle than in a plastic bottle, too.

S23: Well, what I would do, not necessarily make a lot. Make a, say, a pot of small sauce pan and then like I told, make that. Add water to a cup. To make like for a glass, I would put have of that strong tea that I had made. Because when you let it sit, of course, if you leave it, it gets stronger. So, then you would just dilute it with water for each drink.

Elena: Yeah.

S23: So, you could keep, you know, a constant concentrated or the matrix, for awhile, all day long and without, you know, having it out.

Elena: Right.

S23: You just add the water then. So, that's what I would do.

Elena: And the fresher the herb, the least you boil it. I mean, you don't boil it. It kind of simmers. You don't want to destroy the property that you're looking for, unless it's dried and woody. Then, you just boil it for a few minutes. If it's woody, you boil it for like ten to fifteen minutes. If it's not, it's less. Like leaves, you don't really boil that for longer than two or three. But you do have to let it sit.

S23: Yeah. Yes.

CH: Ok. How long do you let it sit for?

Elena: I've waited as long as ten minutes.

CH: Ok.

Elena: The longer you wait, the more properties you're gonna get out of it.

S23: The stronger it gets. Yeah.

Elena: Yeah.

CH: Do you cover it as-?

S23: Yeah.

Elena: Definitely.

CH: Ok.

Elena: Yeah.

CH: Is there a preference as to boiling it in a aluminum pot or something?

Elena: Never.

CH: You know, a ceramic pot or whatever.

S23: I always use a [?] (peltre). Oh, it's a-how do you call that? Enameled.

Elena: Yeah, she has the enameled-

S23: Pot or stainless steel.

Elena: Stainless steel.

CH: Stainless steel.

Elena: Or glass. If you have glass, that's the best, but aluminum is not-it's because it reacts. It causes a chemical reaction and it changes the property of anything.

CH: Oh.

Elena: So, it's actually the worst thing you can use.

CH: Ok. So, let's see. Let's go on. Ok, let me look at you. Stomach. Stomach. So, we've talked about acid reflux. We haven't talked about [?] (descuajamiento). I don't know if you've heard of that. Dissolved stomach.

Elena: No.

CH: Have you ever anything like that?

Elena: No. What-? I don't know it. I've never heard that term.

CH: Well, the way I heard it was from a Guatemalan man and he said that there's a sort of displacement in the body. And he explains it as one leg being longer and the stomach drooping down. Like physically drooping down.

Elena: I relate it to-I know about leg length changes for different things, but I've never heard of it for stomachs, though. Yeah, I don't know.

CH: Yeah. I just thought I'd ask. I like to see if you guys know. So, we talked about colic. Well, we really haven't talked about colic, like what would be some of the reasons that you think give way to colic in children? What?

S23: That's a good one to know. I don't know.

Elena: Maybe because my background is chiropractic, it is structural. Colic is structural. It's the way the body hasn't-it's all wound up and it affects those nerves and that innervate the organs. And I agree with Tudor, even though he's osteopathy and I'm practicing the same remedies. You have to take care of the structural problem and then the colic goes away.

MJ: You cure it structurally.

Elena: You do. You take care of it structurally.

MJ: You press on them.

Elena: Well, it depends. An osteopath, they put their hands in the same place and the occiput right where the skulls meets the neck. And they do it differently. They do it with respiration and I actually-it's a manual adjustment. Also, with respiration because with little kids you don't need to do much. But it is. It's releasing the occiput or the atlas. The first bone in the neck. And it's giving it the motion that it's supposed to get because what that non-motion is causing interference to those nerves that cause the colic.

S23: I wonder, you know, we always use to hear, "*Sobarlo*." Now, we would-my mother would *sobar* and I would do the same thing-

Elena: The stomach.

S23: Massage the stomach. The area. But a *sobador* would do, massage, do your whole body. Starting from the head all the way to your extremities. All the way down.

Elena: Yeah.

CH: For colic?

S23: For many things, but if you were to ask someone who knew, who was a *sobador*, who that was his specialty or her specialty, he would just treat the whole-you know, start from the head down. And I remember having that done and specially the head. Oh, my gosh, you just kind of-you could almost feel the release of everything.

MJ: Really?

S23: She's wonderful. But for my kids, I didn't, I didn't that I-you know, massage the-

Elena: The belly.

S23: The stomach. Maybe even the feet, you know, like-

Elena: Yeah.

S23: Down. I never thought of that.

Elena: That's actually not a bad idea because after you do there, you go to the solar plexus and then you go to the sacrum because those are all connected. And you know, the feet wouldn't be bad either because there are like in reflexology, there are points in the feet that relate to the organs. So...

MJ: Did your mother have any explanation, any reasons for colic? Or any-?

S23: They would say that it was *heat* (calor), you know, like hot. This is one of the ailments that was hot or cold. And colic was something hot and so you really did with cold-things that were cooling. And I never thought of it then. Later I thought, well, things like penny royal (poleo) and spearmint (hierba buena) and lemon verbena (cedron) are cooling in a way. You know, you can give it to them warm or cold, but the plant itself-

Elena: Has an effect.

S23: Has a cooling effect because it soothes. It's not stimulating, yeah. So-

MJ: So, the colic was hot and it should be treated with something cold, but-

S23: Cool.

MJ: Did she say anything about why an infant would have colic?

S23: Why. Sometimes they would-you know, sometimes they would hear that it was like a nervousness or stress. And other times it was-many times it was related to stress of a child had trauma and you know, it wasn't-

Elena: Oh, I'm sorry.

S23: It wasn't always treated as an indigestion. It was kind of different because it wasn't, say, something they ate.

Elena: Right.

S23: It was like, "Try to relax the child," because it was stress of some kind.

Elena: And from my point of view, that's exactly what it is.

S23: Really.

Elena: It's the stress. It is a trauma to the structural system, you know, from the body.

S23: That's what amazes me sometimes when she's coming from a medical point. That I still have-you know, people, how do they know this? I don't know. They didn't study, but they just-it's just something that the know from-

Elena: Naturally.

S23: From-

Elena: Drawn to the-

S23: Yeah, and I maybe passed on things that have worked. I'm not sure, but we know that it worked. And we didn't know the basis, the medical basis.

CH: Elena is doing the clinical trials.

S23: Yeah. Well, it's interesting to me that it makes sense. You know, I often use the word 'makes sense,' but it makes medical sense.

Elena: Right.

S23: I said, "Gosh, we're on the right track, you know."

CH: Yeah.

S23: It's just wonderful.

Elena: We're not far off.

CH: Yeah. Ok. So, when you prepare the cucumber water and the carrot water, how do you do that?

Elena: You can use a blender. I mean, now you can use a blender. Well, except for the cucumber. You want to-unless, this is my thing, though, about pesticides, free-type stuff. You can actually use the skin of the cucumber. Like blend it, but if it comes from the regular market, I wouldn't do it. I would cut the skin off.

CH: So you'd-

Elena: I wouldn't do it because it's one of those water-type plants so it absorbs a lot of stuff. So, that's another thing is that you have to make sure that it's good stuff. So, I would actually peel the cucumber.You can slice it and then soak it in water. And then you can take part of it and blend it and add it to the water. And just let it soak, but it has to be sitting in there for a while.

S23: Yeah.

Elena: How would you make it?

S23: Well, once it's blended, you know, it's-

Elena: The property.

S23: It gets part of water, but I guess, to cool it off.

Elena: Yeah.

S23: I would it put in the fridge, myself. I don't know if you would. But, you know, we would always peel the-my mother would always peel the cucumber.

Elena: Oh.

S23: But later on, I deduced or I heard, you know, that, "Eat the whole thing." Because that's part of the nutrition. So, I wouldn't, but my mother-we peeled everything. Even carrots, but then when I, after I became a teenager, I just would wash the carrot. Not even skin it. Even potatoes we would skin. I'd just wash it.

Elena: Yeah. Probably the skin. If it was a carrot from a source-

CH: Organic.

Elena: I would keep its skin.

CH: Ok.

Elena: Everything.

CH: Ok. And how much is recommended, you know, to take?

Elena: I'm gonna say like eight, six glasses all day long. I'd make a big thing like this and you would drink it instead of water for that day or two days. Whatever it is that you would need it. Although, you can drink cucumber juice anytime you want.

S23: Yeah, it's refreshing.

Elena: This is a nice time to do it.

S23: Yeah, it's a refreshing drink. You just keep it in the fridge like you would tea or iced tea or juice.

CH: Do you add sweetner?

Elena: I don't, but you can.

S23: Well, a little bit.

CH: Ok.

Elena: I've gotten rid of sugar a long time ago, but I mean, some people still put sugar in it.

CH: Do grown-ups get colic or is that just a child's disease?

S23: I don't know.

Elena: I would say yes.

S23: Because I don't know if you would call it colic for adults, but you get indigestion or you get-

Elena: 'Cause adults don't cry.

CH: Yeah.

Elena: But they do have stress related symptoms like irritability or anger, you know, all those things. To me that's stress and that's also trauma to the body.

CH: Ok.

Elena: But, you're right, yeah. Colic is basically a child's term. A term for a children's ailment.

CH: Right. Let's see. We have gas, gasses. We talked a little about gasses. Do either of you have any ideas of what causes gasses?

S23: I imagine it's the-now, either some foods or just not having a regular elimination, you know?

Elena: Yeah.

S23: That you built up.

Elena: Definitely stuff. Definitely, it's-well, now that I know more, it's definitely toxicity in the body. The body's inability to get rid of the waste and so that builds up. That builds up like it putrifies in your intestines. It's not able to function the way it's supposed to. Your intestines are supposed to be the-that's where you get all your nutrients from the food that you eat. It's the absorption process. It's not so much a filter that it absorbs, but when it's broken down. I mean, it's congested like you're so toxic that you can't even get the nutrients out of the food that you're putting in. It builds up and it putrifies and that's what causes the gas and the bloating and the, you know, the funny gurglings and all that. 'Cause it's just kind of growing in there. It's settling in. Nice soup. Like in a nice gas soup.

S23: Makes you wanna go out there and clean your self off.

CH: And cleanse it all.

Elena: And you do. When you get it cleaned it out.

CH: So, how do you do it?

S23: Sorry.

Elena: Oh, gosh. First of all, I mean, something that we don't do hardly at all, is a fast.

CH: A fast? Fast?

Elena: And with the fast, that's where these juices are really good: the cucumber juice, the herbal teas and all those. Because while you're fasting, that will actually help cleanse and heal the mucosa that has been clogged with junk.

CH: So, when you've-how would you begin a fast?

Elena: First of all, well, it's hard for people to just stop eating.

CH: Ok.

Elena: Which is really what a fast is. So, for like these kids, what I would do is just start cutting off things that could be the most toxic. Like the chips or the soda, you know. Anything with sugar. I would cut all those out. And over maybe ten days. Because they wouldn't be able to do it. Actually, they wouldn't be able to do it longer than a day, but if they could, you reduce all those things to the point where it's just juices or the teas. And if you give them ten more days of just that, not only would it clear up a lot of their ailments, but it'll revive their cells. It would really revive their cells. They would think clearer. Kind of like what they tell athletes: No sex before the big game. Because they're clear, but it's the same with your cells. Your cells are cleansed so you function better.

CH: Ok.

Elena: So, it's a kind of a process. The most drastic, of course, is to not eat and just do like a juice fast or a fruit fast. And even if you have diabetes, you can still do a fruit fast and a juice fast with fruit. Because you're body will use up those nutrients. It's not like you're having this extra sugar. It actually uses it.

CH: So, when you do a juice fast or fruit fast, how often do you take the juices or the fruit?

Elena: Like you would a regular meal. Five times a day. You know, all the time.

MJ: Do you know of any tradition like that? Of fasting?

S23: You know, there was fasting after very bad stomach problems. It was a kind of fast. I don't know. You weren't allowed to eat, you know, heavy foods, but-

Elena: Soups.

S23: Soups, specially the broths and these teas, you know. These soothing teas. And I guess, I think adding solid food after so many days, like maybe the third day at one meal. And then going, you know, gradually, because you took all these teas. You took lemon verbena (cedron) and these other cooling teas, soothing teas. It wasn't just like for one night, one day. It was like, you know, following that bout of illness and then as you got better, you took the teas, but not the solid food, I'm told. You know, gradually added to it, but in the meantime you would be getting these. So, I don't know if it was a fast. The only time-I'm trying to think when it was called *ayunar*. *Ayunar* is, you know, a total fast.

CH: Is it a total fast? Because my mom talked about *ayunas*. "Take this when during fasts."

S23: Yes.

CH: Which means like before you even eat or anything, you take that or eat that.

Elena: Right, right, right.

S23: Well, you have to have fluid.

CH: Right.

S23: You know, but not solid food. Well, it's the break. In *ayunas* is before you have anything to eat. So, actually, like somethings, like the only thing that you would eat a soft-boiled egg or something like that. Very little.

Elena: When I was in Mexico with this *hierbero* (herb man), he said, anytime somebody comes in with an illness, he would tell them, "Stop eating." That was the first line of defense. Is stop eating. And for us, it's like, "Well, how am I going to get my nutrients? How am I going to get strong?" You're body can't heal anything because it's too busy digesting food, specially the food that we're eating. So, you stop eating and then it can go to the work of healing. So, that was the number one line of defense for any ailment. And you know, babies, when they're sick, they stop eating. They don't know any better. They just do. They can't do anything more. And animals, too, when they're sick, they stop eating. It's kind of a natural process.

CH: Of cleansing.

Elena: Of cleansing, yeah.

CH: It's funny to say that because my mom says the same thing. She says, like if she gets sick or we get sick, she just says to have broth (caldo). You know, broth, constantly through out the day. Not to eat anything. If we must eat something, let it be like a small cup of rice with nothing on it.

S23: Right.

Elena: Right, plain.

CH: Just that white rice. Just that plain white rice. And she wouldn't suggest, you know, wild rice or anything like that because then that has the fibers that can add to the discomfort or whatever.

S23: Well, you know, what my mother would give us-I guess it is kind of a fast in a way. Didn't call it that, but you still had to have some nutrients. It was liquid, either the rice water or the oatmeal drink (avena water) or *atole*.

Elena: Yeah.

S23: *Atole* was the best.

Elena: Right.

S23: And with no seasoning, with no-it just soothes your stomach and you get some nutrients.

Elena: And that's exactly right.

S23: It's just-I hadn't thought of that, but that was better than any-

Elena: And that is a fast.

S23: Yeah, it is.

Elena: You take away all solid food.

S23: All solid food. And it was really good.

Elena: People who are really sick, even cancer patients, they would get better if they just stopped eating and they would go on this type of fast. They really would.

CH: How would you describe one day of fast?

Elena: I would start with-like you say-your-what do you call it?

S23: *Ayunas*.

CH: *Ayunas*.

Elena: I would start with that and that would probably be some kind of a tonic or something. Because that's the like the medicine and it's best when it's on an empty stomach because it gets absorbed immediately. And then with either with a tea or a soup. And then you would have that prepared for you, so that you would just drink that through out the day. So five times a day you would your tea and your soup. And that's what I would do.

S23: A clear soup.

Elena: A clear soup. And the soup could be made with potato peelings, carrots, onions, garlic and it's just the broth that you're drinking. Not that other stuff. That's just to get the minerals out of it because you do need minerals to replace it. And you would drink that five times a day. And that would clean and you would have that tonic, too. Because that's the medicine. The other one's to replenish your body so that you have energy to go out through out the day.

CH: How long you should a fast last?

Elena: For me, I would say thirty days. Anywhere from seventeen to thirty days because every seven days, your body is changing and making new cells. In seventeen days has gone through the whole system. Every single cell, you know. All the nutrients, the blood, the oxygen. Whatever you've been putting in have gone through your whole system. So, thirty days is a complete cleanse. Any toxins that you've had in there are completely out. If you go on a fast for thirty days, I would even say it would dissolve tumors because there's nothing for it to feed on. There's no sugar. There's none of that stuff. And whatever you're taking in is medicine.

S23: And you would lose some weight.

Elena: Yeah, and that's a plus, too. You'd lose some weight. Not that that would be the goal, but naturally, because a lot of the toxins are stuck in the fat of your body, anyway. So, it just would kind of be a complete cleanse. And you would be amazed. You would have enough energy to make it through the day. Always the first three days or the first five days are the worst. You think you're gonnna die, but in the end, you come out healthier than the person helping you get healthy.

CH: Ok.

Elena: I know and it's a slow process to come back to eating regular food. That's always the hardest. Coming back to eating regular food.

CH: How do you do it? Can you describe a day?

Elena: Well, that's over a process of days because you have to add something new each day. And also when you do that, you start to understand what types of foods your body shouldn't have had in the first place because you'll get an immediate reaction to it. Like he found out wheat. If he did that thirty day fast and he added wheat on one of those days, he would have a reaction. And he would know from now on, "I can never have this." For whatever reason. Or who knows? Maybe after the fast, his body could take in the wheat after that. It depends.

CH: What types of foods are ideal to break the fast?

Elena: To break the fast? Well, I would start with soups and then add more solids to it. Not really meat right away. I mean, if you can go without meat, that's fine. But slowly adding the meat and maybe potatoes and-

S23: Would fish and chicken be better to start eventual when you got to the meat?

Elena: Yeah, definitely. Definitely. It's easier on your system. Chewing it really good.

CH: Ok.

Elena: Not really a whole lot of grains. Starting out slow like, oatmeal is a really mellow grain. Quinoa is mellow grain. Even seeds. Almonds, sesame seeds. Those kinds of things. Walnuts, although some people have allergic reaction to walnuts. Those like legume beans smashed. They're a little heavier. They actually are higher starched, but they have a lot of minerals and proteins, so it would be helpful.

CH: Ok.

S23: When I my kids had-and my mother, too-when I do it too now. When I would have been had, you know, stomach ailments or indigestion or anything like that, one of things that I would just eat would be the-I would cook the beans and just drink the soup.

Elena: Yeah. That's good.

S23: When my kids were little, I would mash the beans and then put them through a sieve and so it-

Elena: Like baby food.

S23: And then, even that would be diluted.

CH: [Inaudible].

S23: Yeah, and even diluted. So, it would be nourishment. You know, I knew it was good nourishment, but you know, it wasn't solids and it was something that they were able to take.

CH: I crave that from time to times because my mom used to do that for me. I was telling Professor Jones.

S23: I think there's something to that. Well, my husband would say, "This is the food of the gods." Beans *de la oya*. You know, the soup with just that. Well, of course-

Elena: Tortillas.

S23: I shouldn't eat tortillas *de* flour, Elena tells me and I believe it's true. It's hard to not to, but with a corn tortilla even. But even just like that with-even with, you know, all the vegetables like cilantro, onion (cebolla), garlic and tomatoe just in a salsa. I mean, that's very-that's so nourishing and it's good.

CH: It is.

S23: I think it's nutritious.

Elena: It has a lot of minerals and those minerals are so important. They're the precursors that make all the other vitamins work so you're body needs them.

CH: So, then would you add a serving of some of the foods that you've described? Would you add a serving per meal?

Elena: You can add it per meal or per day.

S23: Per day probably.

CH: Ok. What is best? What's most recommended? Per day or per meal?

S23: I would say per day.

Elena: I would say per day, too, because that gives your body a whole day to process that food and to really see, "Is this one good for me? Or is this one not good for me?" And you know, if this is a type of illness where you wanna find out what's causing it-

CH: Ok.

Elena: And if food is the factor, yeah, then I would do it per day. If it's that important. Most cases it is.

CH: Ok. Sounds good to me. Alrighty. Let's move on to ulcers. Do you guys know anything about ulcers? Remedies for ulcers?

S23: Well-

Elena: Garlic is the number one remedy for ulcers.

S23: And aloe vera, too. The juice.

Elena: Aloe vera, that's right. The juice of aloe vera and garlic.

S23: And it stands to reason 'cause they're used for cankers. For gumboils (postemillas).

Elena: Canker sores.

S23: Ulcers of the gum, of the mouth.

Elena: 'Cause most ulcers or a high percentage of them are bacterial, you know. The culprit is a bacteria and garlic is the anti-bacterial agent.

CH: I know.

Elena: So, it'll kill it.

CH: So-

Elena: It's just kind of harsh and it'll take care of it over time. That's why garlic tea is really good on an empty stomach. Aloe vera juice on an empty stomach everyday. That would be an-

CH: An *ayunas*.

Elena: *Ayunas*. That would be a great *ayunas*. Before a meal.

CH: And would you then-if that was gonna be something to do in *ayunas*, would you follow that out through out the day? You know, maybe lunch time and then dinner time or something?

Elena: Absolutely. All day long. In between a meal. If you have a bad ulcer, yeah. 'Course I would start, too, with a fast.

CH: Ok.

Elena: Because that just means the acid level is really high. The sugar level in your body is really high for a bacteria to grow.

MJ: Do you even know about them traditionally? About ulcers?

S23: I don't remember that they treated for internal ulcers, but you know, external ulcers, yeah.

Elena: Yeah.

S23: It's almost the same thing. It is the same treatment, anyway.

CH: External ulcers, meaning [Inaudible] sores?

S23: Yeah. Sores, and specially gumboils (postemillas). My mother would say that it was heat (calor) in your body. That it was related to-but maybe that means toxins. I don't know. For canker sores or I guess in your mouth or even...I don't know. Mucous membranes.

Elena: Yeah.

CH: Ok.

S23: And so was treated as a-it was called hot. Heat, but I'm not sure it wasn't called infection in your body. But garlic and-

Elena: Onions.

S23: That was used effectively.

CH: Ok. So, how would you prepare a garlic tea?

Elena: You'd crush it. You can crush it. You can chop it. And then this one you'd have to boil a little bit. You'd make the water boil and right when it's boiling you add the garlic. And for like a minute you let it continue to boil for one minute and then you lower it. For another minutes and simmer it. And then you take it off and let it sit for another five or ten minutes. And then you drink it.

CH: How much garlic?

S23: I put a lot because-

Elena: I would put a lot. I would put maybe even half a head of garlic. Yeah, the more the better. You can eat five pieces of garlic with a meal. Five cloves of garlic so, you could use a whole head if you want. The more you put, the stronger it'll be.

CH: Ok. How much water?

Elena: Enough to fill a pot, so I guess a liter. Is that a liter?

S23: About a quart a liter.

CH: Ok.

Elena: Half a liter. Whatever fills up a coffee, you know, the kettels.

CH: Yeah. Ok. And then you don't add any sweetner to that?

Elena: You can. I is a natural root, [?] (stebia) because it doesn't have any sugar properties in it. It doesn't change the taste. You know, sweet. So, I would add that, but before, honey maybe. Before I knew about [?] (stebia) I probably would have used honey. I wouldn't have used sugar.

S23: That's what we would use. Always avoided the sugar.

Elena: Because that's what feeds the ulcer.

CH: The sugar? Ok.

S23: I didn't know that. We just didn't use it.

CH: Do you have any particular recommendations on how to do the garlic treatment? Or is it the same?

S23: It's basically the same. We would also mash the garlic and apply it directly.

Elena: Yeah.

S23: That burns, but it would be two or three treatments like that and it would start healing.

CH: Applied directly to the canker sore?

S23: Mh-h. It was hard 'cause it burns.

CH: Yeah.

S23: It burns.

Elena: But it only burns for a little while-

S23: Yeah.

Elena: And then it goes away. It stings.

S23: When I was a teenager I had a moth and I don't know why. I haven't had one for years now. I preferred that short burning than to having the-because I couldn't eat. It would burn with all the foods. It'd burn.

CH: Yeah.

S23: It was very uncomfortable.

CH: I had a couple of those when I was a kid. Ok. What about the aloe? How would you prepare the aloe for an ulcer remedy?

Elena: In the same way, except that you wouldn't boil it all. You can't boil aloe at all. That has to be kind of a cold water infusion.

CH: Ok.

S23: And then that's already in a gel/juice form that you could just apply it. If it's topical you just apply it like that.

Elena: Or you just drink it. Yeah.

S23: And you stir it, you know.

Elena: It breaks a little.

S23: It breaks down into the water.

CH: Ok. What about the onions? How do use the onions for ulcer remedies?

Elena: The same as the garlic. In fact, you could mix the two together.

CH: Ok.

Elena: Make it into a tea. Or you can cut it like she says. Cut it and put it on. You know, just right on there.

S23: You know, we would macerate it to let open the skin so it would release the juice or the substance. Sustenance, rather.

CH: Is there a preference for a particular type of onion, like purple onion, white onion, bedellia onion, whatever kind of onion?

S23: We would use the big onions. So five of the yellow onions.

Elena: Yeah.

S23: They have more...

Elena: The red onions tend to be sweeter so I'd probably would have used that.

CH: Ok. Why?

Elena: Well, it has more sugar content in it. That's what makes it sweet.

CH: So, even if it's unatural-

Elena: Well, in this case, probably. Yeah.

CH: Because the sugar is what affects the ulcer.

Elena: The sugar feeds the ulcer. The sugar feeds the bacteria and it also feeds yeast. So a lot of the canker sores have to do with the yeast, you know, growth.

CH: Ok.

Elena: But that's not reason. I don't think that's the reason why I would use the white onion. I mean, just thinking about it, they are sweeter. The purple onions are sweeter.

CH: Yeah, they are. They're put in salads.

Elena: Yeah, they are. They're great to eat and they're good for you. They don't have enough sugar that you shouldn't eat them.

CH: Good, I'm glad. Ok. So, let's see and you can use in combination with garlic.

Elena: Definitely. The two together are great. They smell bad. You can add a parsely. You can add parsely or even mint to kind of cut down on the smell. But you know, when you drink it as a tea, you don't really get the smell. It doesn't smell hardly at all.

CH: How much parsely or mint did you add?

Elena: I add maybe a half a handful.

CH: Ok.

Elena: I just pick whatever fits in my hand and I throw it in. Crush it and throw it in.

CH: That makes sense 'cause, you know, sometimes you see the vitamins. It goes, "Garlic and parsely."

Elena: Oh, yeah. For some reason, it helps with the pungency. It helps with your smell.

CH: Ok. Let's see. We talked about indigestion. We've talked about *empacho*.

S23: Oh, yeah. Yeah.

CH: I don't know if we want to-well, let's talk a little about *empacho,* actually. Like maybe causes of *empacho*. If you have any idea.

S23: Well, when I was-they use to say-I had learned it, I don't know how it could happen that the intestine would kind of stick to the other. Or I guess-

Elena: [Inaudible].

S23: Or there was some kind of blockage and so that's why the toxins-or whatever was making you sick-was just incapsulated in a way. Or trapped in your-

Elena: Your body.

S23: Your intestine. And when I was a little kid-even a teenager-I would say, "But how does that help it?" I mean, it's not surgery. It dawn on me until me 'til later, well, but it's an herb. I mean, it causes things to happen in your organs. You know, your vessels. So, that, you know. 'Cause I would question things that later on-just being, you know, just questioning. Wondering how things worked.

Elena: Worked.

S23: And, you know, when I started to become skeptical. “How does that work? I mean, how-.” Even though I had been cured, you know-I was treated-but I didn’t understand how it could work. And I guess in a way what [Inaudible] said here, you have a mindset that the only medicine is that you get a pill or you get treated by some mechanical thing, you know. So, how can cause a-how can they unstick your intestine? Or take a blockage out? They can’t get to it, you know. Those are the kinds of things that I started questioning as a teenager, but then, you know, afterwards, for many years, you know, and I started to say, “Dummy. Of course, you know, it stands to reason as you read and then-”

Elena: Chemical, yeah.

S23: Yeah.

Elena: It’s the properties of it. There are herbs that cause-you know, you asked me how to cleanse. Well, one of the first herbs-I mean, one of the first things is you have to get the intestines to move. And those muscles, they’re involuntary. It’s involuntary. You don’t say, “Ok, intestines.” You know, get everything going. So, but there are herbs that actually do that. They increase motility, you know-

-Side A Ends-

-Side B Begins-

-Side B Blank-